



C.G.H.

ALUMNAE

LIFE



1942



## The Canadian Mark of Quality Pharmaceuticals Since 1899

For over forty years Canadian doctors have prescribed Frosst pharmaceuticals with the utmost confidence—a confidence fully justified by the unfailing high standard of quality maintained by these all-Canadian products.

The skilled work carried on continuously in the Frosst laboratories has enabled the company to maintain the lead in the development of new pharmaceuticals and the improvement of old ones.

Frosst products contain only the finest quality ingredients. They are manufactured under scrupulously sanitary conditions in a modern factory and put up in the form most acceptable to the medical profession.

**Charles E. Frosst & Co.**  
MONTREAL - CANADA

STARR'S  
Ambulance  
extends  
KINDEST  
REMEMBRANCES  
To All  
GRADUATES  
of the  
GENERAL HOSPITAL

**Galatest**  
CONVENIENT "SPOT TEST"  
FOR DIABETIC SUGAR

**SPEED** — Complete test  
in 30 seconds.  
**SIMPLICITY** — Only  
one drop of urine.  
**ACCURACY** — No false  
reactions.

•  
**The Denver Chemical  
Mfg. Co.**  
153 Lagauchetiere St. West  
MONTREAL, Quebec.

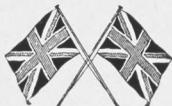
# *Foreword*



*T*HERE is no record that can be compiled,  
In word or picture or in speech or song,  
Which could make fully known this Alumnae of ours;  
The love that gave it birth, the purpose true, the sacrifice,  
The high resolves, the glory, too, of hard things overcome;  
The growth of mind and heart to feel how much our world needs service,  
And the trained heart and hand;  
And then the joy of finding ways to help,  
And blended with that is comradeship and laughter.  
There is the satisfaction of having tried hard, and perhaps succeeded.  
The record of these things is kept in hearts and felt in lives,  
Yet we make our book and send it forth  
To bring a breath of fragrance to the ones who will remember  
And to give a glimpse to some who have never known.



# Dedication



## TO OUR NURSES SERVING WITH THE ARMED FORCES

For their courage and loyalty to King and Country we, the Alumnae of the Calgary General Hospital with pride and respect dedicate our Year Book.

Bibby, Lillian '33 .....	England
Johnston, Doreen '39 .....	England
MacRae, Sara '20 .....	England
Kautz, Lillian '32 .....	England
Langston, Charlotte '39 .....	England
Floredine, Marjorie '37 .....	England
Lund, Christina, '32 .....	England
England, Geraldine '39 .....	England
Allan, Jessie (Robb '38) .....	South Africa
Stead, Ruth '38 .....	South Africa
Gilbert, Isabel '36 .....	South Africa
Carpenter, Margaret '31 .....	South Africa
Mitchell, Florence '26 .....	South Africa
Wright, Mildred '33 .....	South Africa
Lamont, Isabelle '19 .....	South Africa
Inches, Marion '30 .....	Canada
Cameron, Florence '31 .....	Canada
Cavanaugh, Mrs. Mary (Hall '17) .....	Canada
Clarke, Helen '41 .....	Canada
Woodfin, Doris '41 .....	Canada
McRae, Marjorie '35 .....	Canada
Ritchie, Irene '38 .....	Canada
Peter, Nora '33 .....	Canada
Moores, Mae '31 .....	Canada
Ofstedahl, Bernice '41 .....	Canada
McGuckie, Lillian '32 .....	Canada
Fitzpatrick, Margaret '39 .....	Canada
Hodgson, Margaret '39 .....	Canada (Returned from England)

Radiant with ardour divine!  
Beacons of Hope ye appear!  
Langour is not in your heart,  
Weakness is not in your word,  
Weariness not on your brow.

(Mathew Arnold)

# *Editorial*



*W*HEN the full realization began to penetrate the rather anaemic cells of my grey matter that I had taken on the Year Book and all it entailed, I was stricken with fear that I had "bitten off more than I could chew." I spent many sad moments reflecting that I most certainly had a colossal nerve to ever imagine that I could possibly edit a Year Book. I wish to state here and now for all to view that the credit for this effort goes entirely to all those who so diligently and graciously helped with material and compiling. Not on one occasion was I refused a request, and it would warm the heart of anyone to receive the full measure of cooperation that was my good fortune to have.

To the committee who worked so sincerely, to those who "came through" with articles and assignments, to our advertisers and above all to that intangible something that exists among our Alumnae members, I shall be eternally grateful.

May I offer a humble "thank you". All the blessings of a Happy Christmas and a Joyous New Year be yours.

VERA MORRISON (Hall '23)

*"Season's Greetings to one and all"*

YEAR BOOK COMMITTEE—

E. STERLING (Lord '25)

A. FRAZER (Donald '23)



Do not think of your own faults; still less of others'. In every person that comes near you, look for what is good and beautiful, honor it, rejoice in it, and as you can, try and imitate it. Your faults will drop like dead leaves when their time comes.

—JOHN RUSKIN



Dear Fellow Members:

*(A decorative flourish is positioned to the left of the text.)* NCE more our Year Book goes to press, and my hope is that it will bind our members, whether near or far, just a little closer together. To those of you far away, may it serve as a messenger telling of our Alumnae doings and the where-abouts of old classmates.

Our thoughts turn at this time to those of our members in the Nursing Services across the stormy seas. We are proud of you; and may you be given strength and courage to carry on in true Florence Nightingale spirit under most perilous circumstances. We feel that wherever you may be you are reflecting glory on your Alma Mater.

We are doing everything possible to hold together your Alumnae. Our aim is to keep this Association up to a high level in the hope that when you return you will find it the same friendly group that you left.

It has indeed been a privilege to be your president. I want to thank you one and all for your willing support. It is no easy task to follow in the steps of the very capable leadership you have known in the past, but my every thought has been for the welfare of our organization.

This year with rationing we have patriotically given up refreshments for the duration, and we hope this will not affect attendance as our social committee tries very hard to have interesting entertainment following the business portion. They are doing a good job.

As Christmas draws near we think of our party at which we entertain the nurses-in-training, and how lovely it would be if we could also welcome in several hundred Alumnae members. What a gay time it would be!

Since this is impossible I want to take this opportunity of extending greetings to one and all. My wish for you is a Bright and Merry Christmas followed by a New Year filled with as much happiness as these times will allow. I hope most sincerely that all those who are separated from loved ones by war will soon be reunited.

Faithfully yours,

EILEEN WARRINGTON,

(Garriott '28)

*To the Graduates  
of the  
Calgary General Hospital*

YOUR clear vision, indomitable courage and single minded purpose you have devotedly given to promoting the enduring interests of your Alma Mater. The nursing staff, past and present, are proud to have had some part in training you for these outstanding services. Your own works praise you—works rich in results for education and the art of nursing.

War has taught us, as nothing else could, what we are, and driven us back upon our substantial human qualities.

With kindly remembrance of one and all,

A. HEBERT.



Love thyself last: cherish those hearts that hate thee  
Corruption wins not more than honesty.

Still in thy right hand carry gentle peace,  
To silence envious tongues be just and fear not:  
Let all the ends thou aimst at be thy country's.

—WILLIAM SHAKESPEARE



## THE STAFF



Miss A. HEBERT, R.N. ..... Superintendent of Nurses  
Miss H. WHALE, R.N. ..... Asst. Superintendent of Nurses  
Miss J. A. CONNAL, RN. ..... Instructress  
Miss K. S. DURRELL, R.N. ..... Asst. Instructress  
Miss M. G. COX, R.N. ..... Night Supervisor  
Miss I. BARLOW, R.N. ..... Asst. Night Supervisor  
Miss I. AULD, R.N. ..... T. S. O. Staff  
Miss M. MacDONALD, R.N. ..... 4th Floor Supervisor  
Miss M. HUTCHINSON, R.N. ..... Asst. 4th Floor Supervisor  
Miss M. HOOPER, RN. ..... 3rd E. Supervisor  
Miss L. SHANTZ, R.N. ..... 3rd W. Supervisor  
Miss HARPER, R.N. ..... Asst. 3rd W. Supervisor  
Miss VON GRUENIGEN, R.N. ..... 2nd E. & Children's Wd. Supervisor  
Miss E. CORBETT, R.N. ..... 1st W. & 2nd W. Supervisor  
Miss I. MATHESON, R.N. ..... Maternity Supervisor  
Miss N. BAKER, R.N. ..... Operating Room Supervisor  
Miss D. BENSON ..... Asst. Operating Room Supervisor  
Miss E. MILLER, R.N. ..... Operating Room Assistant  
Miss O. POPOFF, R.N. ..... Operating Room Assistant  
Miss M. AIKENHEAD, B.Sc. ..... Dietician  
Miss E. BLOW, B.Sc. ..... Assistant Dietician  
Miss A. B. CASEY, R.N. ..... Home Director  
Miss D. CANNON, R.N. ..... Assistant Home Director

# STORY OF THE BLOOD RESERVE



**T**HE story of the Blood Reserve is a long one, and today perhaps more than half told. No one who has not been connected with the Reserve can realize the magnitude of the work that has been done by the pioneers in this work and by the Rev. Canon S. H. Middleton for the past thirty years. He has been a leader who has the reward of seeing thirty years of his life rich with success. When one considers how old our civilization and how young that of the Blood Indian, we hesitate before we weigh the virtues of each.

The Blood Reserve is the largest in Canada and its people rank amongst the most progressive of their race. There are still some seventy pagans on the reserve who strive to keep alive the Indian customs. The head chief Shot-Both-Sides, is a clear far-sighted man and supports the Government's educational system to the utmost and is one of few to give his full consent to the young warriors to join the armies and go anywhere the King has need of them.

When the soldier boys leave for overseas there is a joint service held and they receive the blessings of the church and the blessings according to the Indian traditions. The chiefs place their hands first on the head, then the chest, abdomen, legs and feet of each soldier that they may be wise, strong in body and swift in action. Of the Christian homes of the Reserve, I can only say this: There is no pretense. They live their Christianity. The Christian homes throughout the world have held for the earth the sanity it possesses. These homes will once again do their duty and the Christian homes of the Blood Reserve will not rank amongst the least.

The school is a large brick building and much like a hospital, with its long corridors and dormitories like the general wards. The first floor contains play rooms, wash rooms, bathrooms, dining rooms, kitchen, storeroom, bakery, dairy, laundry and engine rooms. The second floor, the classrooms, sewing room, staff and visitors sitting rooms, first aid room, offices, music room and chapel. The third and fourth floors are dormitories, armories and staff quarters. One of the loveliest features of the school is the four-acre campus which is a beautiful park in the summer and does so much towards relaxation for the staff.

To those of you who are married let me tell you, I agree with whoever said "the first year is the hardest". To get to know the Indian and his ways and to bear peacefully the observation they place you under the first while you are there and to finally assure them their children are well looked after, ends most of a nurses difficulties. The children are very affectionate and there is very little trouble with discipline. This is a great help especially in the First Aid room.

The first three years I was at the school the children who were trachoma patients were blue-stoned every second day. The treatment lasted for a period of two years. It is a painful treatment but they took it like soldiers. You can well imagine the jubilation when sulphanilimide ended all this. Now twelve weeks treatment of the Sulpha drug completes the cure.

The students get a very thorough training. Both boys and girls are on the half-day system. The girls, on their half day out of the classroom are taught in all departments, domestic science. In the sewing room they get all manner of fancy work as well as practical sewing. The only sad part of this is that most of the younger generation are abandoning the art of beadwork in favor of our types of handiwork. Today there is only one old lady able to do the porcupine quill work.

The boys are instructed in all branches of farm work, also manual training. Physical drill is stressed. The Cadet Corps of St. Pauls is the pride of the school. They rank one of the best in Alberta and have held the shield for P. T. for some years past.

Much has been written of the dignity and pride of the Indian, but little has been said of his sense of humor. They possess a greater sense of humor than many peoples of the world. They have a hearty and sincere appreciation of life. In fact, a nurse may forget the part of a treatment that states "Encourage the Patient," For example, one of our boys about eleven years old had a nightmare one night about 3 a.m. and leaped through the window and down about 100 feet. Fortune favored him in choosing his landing place for he was unhurt save for a small cut on his chin. Naturally, Wayne, when he realized what had happened thought his last days were rapidly speeding away. In the morning two or three of the senior boys came up to see him and greeted him with "Good Morning, parachutist". Wayne feeling his importance, brightened immediately and in a few moments was well enough to read the "funny papers" the boys had brought him.

Most of the staff grow extremely fond of the children; so much so that once I had the part of police officer to play. The dental clinic was in full swing and fortune or misfortune had favored us that year with a dentist who did not deem freezing necessary for extraction. You may well imagine the noises which issued forth from the first aid room. The farm instructor, the secretary and the engineer came to the door wearing expressions that would have shocked Hitler to the other side of the globe and believe me, it took all my powers of persuasion to make them realize that the dentist was king of the dental clinic and was not to be interfered with.

One outstanding feature of the Blood Indian is his hands, and the ability he has of co-ordinating brain and hands. This is very evident in the manual training class. It is a joy more than a task to teach the children First Aid.

They are keen and observant and more than one of them have used their knowledge of first aid to excellent advantage outside the school. One of our boys was lauded for his ability when a R.C.A.F. plane crashed out from Magrath.

The boys are easier to teach than the girls. This may be due to the fact that the men have always been exalted. Time is changing this rapidly, and the value of the womanhood of the reserve is much more appreciated in the young married generation than in the generation before them.

The Indian is very fond of music and many of the students hold the certificates from the London Conservatory of Music. The boys excel in Art and are very adept in transmitting their thoughts to paper. Here again perhaps past generations are responsible.

The Blackfoot Nation had no written language and messages were drawn not written. The family of Chief Fred Tail Feathers are truly gifted and have won recognition from Art critics of Toronto and New York. Gerald Tail Feathers is again in Calgary continuing his studies.

The greatest stumbling block for the Indian student is racial prejudice. Unfortunately many of us are loath to credit them with intelligence and moral

integrity equal to that of our own boys and girls. We fail to realize the Blood Indians rate into three classes; high, medium and poor mentality. This rating can be justly be applied to any race in the world. The highly intelligent Indian is worthy of recognition. They say we are fighting for justice and freedom. The soldiers from the Blood Reserve fight side by side with our own men. Who can say to what extent justice and freedom will flourish when victory is won.

Last but not least, thanks to the untiring efforts of Dr. Mullen of Keith, St. Paul's Anglican School is free of active Tuberculosis. This is the first year we could make such a boast.

The old Indians never mentioned "Goodbye" when leaving unless they knew they would not meet again, so I'll use the English "Cheerio and Good Fortune"

Very sincerely,

Ausupaki,

(MARGARET E. DICK)

## MRS. MINIVER

*S*EATED within the quite sanctuary of my room, I lived again with Mrs. Miniver. The warm gallant reality of her will remain with me for many days—I hope until this war of ours is over—I hope forever. For she drew me closer, not only to the great courageous life struggle of the English people, but closer to all humanity, closer to all that is fine and brave within myself. Her story, as I watched it on the screen, was as a mirror that threw back at me a reflection of myself, an unflattering portrait of a selfish, utterly petty human being. It made me reach out of the confines of my narrow sphere and grasp at something infinite. It shocked me out of my solid smugness, and baring my soul, it drew from me the proud sad cry, "But I too am a Britisher. "I too must sacrifice and suffer!"

As I walked home up the hill—slowly and alone—I looked up at the clear, cold stars, and I prayed. I prayed for the British People, for my fellow men. I prayed for myself—and I was comforted.

Even so, slowly is the British Nation lifting its eyes to Heaven. Slowly people British born are drawing closer together, looking at each other, seeing each other, praying for each other, and in their hearts crying to God. And it is the Mr. and Mrs. Minivers, brave, gracious, whimsical, everyday people, who will lead us, as united we face our desperate need for a strength greater than our own.

Something else I realized as I walked up the hill. It is given to us as nurses to live more greatly, if we will, than most people. For we are heartbreakingly, thrillingly close to the pulse-beat of mankind. We are given the power to relieve suffering, to succor, to serve. Fellow men at the lowest ebb of life turn to us. They need us so, not only now but always. We can live vitally, close to life itself. So let us thank God for the privilege of being nurses. May we also learn to be Mrs. Minivers.

SHEILA C. MacKAY, '42.

Customer: "I want a quarter's worth of carbolic acid."

Proprietor: "Vill, dis is a pawn shop; but mister, we have razors, ropes and revolvers."

---

Miss Connal: "What is pediculosis?"

Probie: "A disease of the feet"

# To the Alumnae Members

With the passing of time, many changes are wrought. What a turbulent world we are living in today—a world so remote from our thoughts a comparatively short time ago.

Though faced with an unparalleled shortage in the nursing field, no other profession than ours is more keenly alive and faithful to the needs of our armed forces, engaged as they are, in the greatest struggle for freedom known to the world since the dawn of history.

Your Alumnae continues to function in a most constructive and efficient manner, expressing as it does the individuality of the group comprising it—

## "THE GRADUATES OF THE CALGARY GENERAL HOSPITAL SCHOOL OF NURSING"

As the Christmas season draws near, may its message bring an added glow to your firesides, and the New Year bring nearer the day, when peace will come with the dawning.

My sincerest greetings to you, one and all, located as you are in near and distant lands.

Yours very sincerely,

SARA S. MACDONALD



## ALUMNAE CALENDAR

**JANUARY**—Business Meeting. It was decided that a donation of \$25.00 be made to the Canadian Cancer Fund.

**FEBRUARY**—Jr. Commander M. Dover gave a talk on A. R. P. work and Mrs. Corkhill, who recently arrived from England, gave an interesting talk on "England Under Fire".

**MARCH**—An invitation was extended from the Holy Cross Hospital for our nurses to attend a Refresher Course to be held March 18-19.

**APRIL**—Dr. D. MacLauchlan gave an appropriate talk on "Nursing Overseas in World War No. 1."

**MAY**—The Annual Banquet and Reunion was held in the Palliser Hotel with an attendance of 268.

**JUNE**—An article was read explaining how the funds are distributed to the various war zones—England, Hong Kong, Singapore, etc.

**SEPTEMBER**—Dr. Scarlett spoke on the menace of Typhus to public health in the past, as compared to the present day.

**OCTOBER**—Mrs. Sid. Wheatley (Hegan '31) accepted the nomination to take charge of the Red Triangle Hostess Week in March. Selected Readings were given by Miss Nana Canning.

**NOVEMBER**—Election of Officers. Dr. L. Bagnall gave an interesting talk on "Post War Reconstruction".

**DECEMBER**—The last meeting of the year was held in the form of a Xmas. Party.

# ANNUAL BANQUET



ONCE again the Annual Banquet has come and gone. It was a real gala night for all Calgary General Graduates and if you were not there—well—you missed a grand time.

From all parts of the province and from many outside points the nurses of the C. G. H. met again to greet their comrades of former years, to reminisce and to renew old friendships.

The ball-room of the Palliser Hotel, beautifully decorated with flowers in the school colors, and proudly displaying loud speakers at convenient points, was filled with Alumnae members who welcomed the 1942 class of graduates as newcomers to the association.

The spirit of Florence Nightingale was in the air as out of the darkness she appeared in person with lamp in hand from which was lighted the candles of the "Big Sisters" who in turn lighted the candle of the "Little Sister", the new graduate sitting opposite her.

Mrs. A. E. Warrington, our worthy president, welcomed the new members with "You have a wonderful profession at your fingertips and as the days go by you will realize how much your training means to you." She advised the students to chart their course and steady their rudders as they embarked on the voyage of their career. "Keep the spirit of Florence Nightingale in your mind and the pledge in your heart."

Miss Doris MacLeod, class president, paid tribute to the Training School staff and Supervisors in expressing thanks to the Alumnae.

Mrs. J. N. Gunn brought greetings from the Hospital Board in her usual kindly style and expressed appreciation to the Alumnae for their efforts toward the passing of the recent hospital by-law.

Mrs. Chas. Choate proposed the toast to absent members, which was responded to by Miss Barbara Beattie. Telegrams and messages of greetings were read from many absent members, including one from Miss Sara MacDonald, former superintendent of nurses, now of Vancouver.

Miss Anna Hebert replied to the toast to the Training School which was proposed by Mrs. J. A. Morrison.

Once again our dramatists produced clever entertainment in a humorous skit giving advice to the new graduates as to the many attractive positions open to the nursing profession but, alas, also pointing out certain disadvantages in all fields of nursing.

The cast included Miss Elspeth Rae, director, with the following supporters: Mrs. A. McIntyre, Mrs. W. Brigden, Mrs. R. G. Cummings, Miss M. Pinchbeck, Mrs. A. E. Wilson, Mrs. R. W. Roper and Mrs. L. W. Kautz.

The other skit, "A Sulfa Fantasy", presented in real professional style by Mrs. T. L. O'Keefe, Mrs. D. Macko, Miss P. Morrish and Mrs. R. Cunniffe. Miss N. MacLean was the piano accompanist.

As we sang "Auld Lang Syne" and joined hands in farewell it brought to mind the following:—

"He may build more stately habitations  
And fill our rooms with paintings and sculpture  
But we cannot buy with gold  
The old associations."

B. A. BEATTIE, '21.

## The Tribe of Florence Nightingale

But nurses are bound that they'll do things for you.  
When next upon my narrow cot,  
A prey to symptoms horrid,  
I lie awake for fever's sake  
Or hold my aching forehead,  
Let doctors come and doctors go,  
They'll meet with no resistance.  
I'll gulp the bitterest brew. But, oh,  
Let nurses keep their distance.

For the hearts of nurses are solid gold,  
But their heels are flat and their hands are cold,  
And their voices lilt with a lilt that's falser  
Than the smile of an exhibition waltzer.  
Yes, nurses can cure you, nurses restore you,  
But nurses are bound that they'll do things for you.  
They make your bed up  
On flimsy excuses.

They prop your head up  
And bring you juices.  
They run with eggnogs from hither and thither.  
They fling out your flowers before they wither.  
They fetch your breakfast at dawn's first crack.  
They keep on pleading to rub your back.  
With eau de Cologne they delight to slush you.  
And over and over they want to wash you.

The nurse-at-night you can't recall.  
She's vaguer than a dream is;  
But when she whispers down the hall  
You think you're in **extremis**.  
The day nurse owns a beaming face  
Designed your soul to hearten,  
And speaks to you with studied grace  
As to a kindergarten.

Oh, the deeds of nurses are noble and pure,  
But they're always taking your temperature.  
And, dewy morn till the light grows paler,  
They guard you close as a Nazi jailer.  
They pull your shades and they shut your doors.  
They snub convivial visitors.  
Your veriest frown

They take to heart  
And scribble it down  
On a stealthy chart.  
When you reach for a smoke they're there to nab you.  
With pills they dose you, with needles they jab you.  
They order you porridge instead of kippers.  
They steal your pencils and hide your slippers.  
They eat the candy your friends bequeath,  
And hourly urge you to brush your teeth.

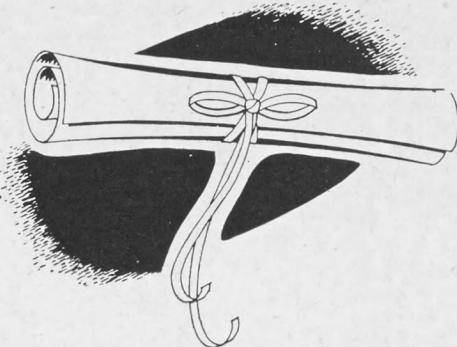
The tribe of Florence Nightingale,  
Ah, let me not disparage.  
How deft their ways with luncheon trays,  
How masterful their carriage!  
But when the pallid look I wear  
That marks the Liquid Diet,  
I wish they'd go some otherwhere  
And let me groan in quiet,  
Abandoned to my germy nest,  
Unnursed, unlaundered, unoppressed.

—PHYLLIS McGINLEY



# Graduating Class

1942



THREE years of hard work, long hours and study were banished and forgotten on that memorable evening, May 5th, 1942, when the 1942 Graduating Class gave solemn promise to practice their profession faithfully in the sacred trust of the Florence Nightingale Pledge. While 1600 people looked on, the nurses in crisp white uniform and caps, carrying scarlet and gold roses, before a flower banked platform draped with flags, received their diplomas, pins and awards for merit. Thus, our profession was made richer, as we gathered to our fold 33 young and eager handmaidens of the medical world.

Bird, Catherine R.—Municipal Hospital, High River, Alberta.

Demetrovits, Rose H.—Brooks, Alberta, (home)

Doull, Christine S. (S.M.)—P. G. Work in Paediatrics, Good Samaritan Hospital, Portland, Oregon.

Gray, Helen J. (Scholarship)—Asst. Sup., Obst., Dept., C. G. H.

Gray, Winnifred M. A. (G.M.)—Night Sup., Isolation Hospital, Calgary.

Hicks, Cora M.—Univ. Hosp., Edmonton. Obst., Dept.

Hood, Helen C.—Munitions Plant, Ogden. (Industrial Nurse)

Howatson, Joan D.—Asst. Sup., Med. Ward C. G. H.

Millar, Evelyn P. (P.M.M.)—P. G. Work in Surgery. Univ. Hosp., Edmonton.

Milnes, Marjorie E.—Claresholm, Alberta.

Mackay, Sheila C.—Mun. Hosp., Red Deer, Alta.

O'Neil, Mildred F.—1609-7th Street N. W. Calgary.

Bothwell, Margaret I.—Asst. Scrub Nurse—O. R.—C. G. H.

Box, Muriel A.—Grenfell, Sask., (home)

Cowan, Jessie A.—Mun. Hosp., High River, Alta.

Deyell, Margaret R.—Sick Leave.

Finell, Inez A.—Mun. Hosp., Bassano, Alta.

Freebairn, Agnes M.—Mun., Hosp., High River, Alta.

Gremm, Ruby L.—Vacation, High River, Alberta.

Innis, Harriet M.—Rosetown, Sask., (home)

Laing, Gennevieve M.—Mun. Hosp., High River, Alta.

Lisson, Millicent, R.—3610-1a St. S. W., Calgary.

McLeod, Doris I. (Surg. kit)—Vacation, Banff, Alta.

Murray, Elizabeth, M.—560-9th Avenue N. W. (home)

Newbery, Kaye E.—Married—Mrs. Peter Thomas.

Olsen, Irene E.—Married—Mrs. Thomas McMahon.

Pearson, Dorothy-Anne—Blackfoot Indian Hosp., Gleichen, Alberta.

Pierce, Helen M.—1602-3rd St. N. W. Calgary. (home)

Reed, Marion I.—Gen. Hosp., Maple Creek, Sask.

Remackel, Violet M.—Married—Mrs. Alex. Gibson.

Ridgway, Verness—Stoney Indian Hosp., Morley, Alta.

Simpson, Elizabeth, A.—Hosp. duty—Turner Valley, Alta.

Tomlinson, Alice—Grace Hosp., Vancouver, B. C.

## ON THE BOOK SHELF



### NIGHT OF FLAME—*Dyson Carter (McLeod \$2.50)*

“Night of Flame” has an appeal for nurses because it is the story of a hospital, the life and love of a doctor and the women whose lives are influenced by his.

There is a strong sex-motivation enveloping the characters and they never appear quite real, but make an excellent psychological back-drop for the final scene.

“Night of Flame” reaches its climax in a vigorous description of the fire which leaves the hospital in ashes. Out of this burning crucible emerge the characters with a clearer vision of life and love.

A fascinating story is “Night of Flame” which will hold the reader’s interest from beginning to end. It is not, however, recommended for young girls about to enter training, or for those who like the love interest in their novels pure and undefiled.

VERA MORRISON.

### WEST WITH THE NIGHT—*By Beryl Markham. (Houghton Mifflin 3.75)*

This is an autobiography of a young Englishwoman who went to Africa as a small child and has spent most of her life there. Her only childhood playmates were natives of the various tribes, and she consequently learned their language, their methods of hunting, their customs and their animal lore. Stories of her childhood hunting expeditions, her experiences as the first women to breed and train horses professionally in Africa, and later her eventful career as an aviator scouting for big game and flying the mail over uncharted country, comprise a large part of her story.

The chapters on flying over Africa are unusually fresh and sensitive. From a romantic background she presents the jungle excitement of the strange and thrilling country over which she travelled. Her thoughts are born in experienced knowledge and wide-spaced African silences. The final chapters contain the story of the first solo flight ever made by a woman from England to the shores of North America.

At a time when our constant thought is of danger and destruction in the heavens, it is good to read some of the poetry of flight and to experience second-hand the wide solitude of the sky and the boundless courage of Miss Markham. The whole book is written with exceptionally simple beauty in a style that easily achieves distinction and provides a fascinating authentic story for old and young alike.

CLAIRES HULBERT

### HOUSE IN THE RAIN FOREST—*Charis Crockett (Houghton Mifflin 3.75)*

When Charis Crockett went to New Guinea on a scientific expedition with her husband, she felt rather uneasy about living among people whose last meal of human flesh had been so recent. She found, however, that the real problems were not the cannibals who were quite likeable with a delightful sense of humour, but the rats and the cockroaches which combined to make life a misery.

She describes housekeeping in a dwelling built on stilts, roofed with palm leaves, and floored with their fibres in an openwork effect that allowed things you wanted and things you didn’t want to slip through to the ground. The birds and animals that the Crockettes tamed for pets, also helped to make life interesting in this unconventional household. Transportation was very difficult, as the trails led through swamps where the feet slithered over hidden roots of trees. Such descriptions help explain the difficulties of our troops in New Guinea and lend the book a timely interest.

—CHADDY LINTON

**ONE PAIR OF FEET—By Monica Dickens. (Harper 2.50)**

Monica Dickens, great-granddaughter of Charles, stuck it out as a nurse-in-training in an English hospital for a year, and then left and wrote a book about it. Her purpose was to "debunk" hospitals of the romance and glamour that seems to cling to them. Fortunately her hospital is not typical of Canadian institutions, or her book would be very bad propaganda for inducing girls to enter the profession here. Nevertheless, in spite of all the hardships depicted, and in spite of their "grousing" the nurses liked their work. The book is full of little character sketches of head nurses and patients, and accounts of "sprees" enjoyed by the girls. The picture is by no means dreary.

—CHADDY LINTON.

**NORTHERN NURSE—by Elliott Merrick (Saunders 3.00)**

"Northern Nurse", the biography of an Australian born nurse who wanted a "real" assignment and signed up for two years with one of the Grenfell Missions in Labrador, is a well told tale of special interest to nurses. Her story, written by her husband Elliott Merrick, catches the glow of her personality in the simple informality of its telling.

There were plenty of hardships at Indian Harbour and North River but Kate Austen not only could take it but enjoyed it as well. After her first summer at Indian Harbour she was in full medical charge at North West River for the long winter months during the illness and absence of the doctor.

The book is crowded with the stirring events of her daily life during which she found herself in the various roles of doctor, dentist, nurse, surgeon, dressmaker, bookkeeper and church soloist. While she was frequently frightened by the gravity of the medical problems that faced her, she came through by virtue of her courage, her skill and something else made up of people's faith in her. She shows us a gay and adventuring young woman with a quick mind and gifted hands who loved human folk and felt that none was too humble to be served.

H. D. Boylston says "Northern Nurse is a pioneer story with a decided difference. Elliott Merrick's account of his wife's work as a nurse in Labrador is written with charm and humor and no self-consciousness—attributes unusual in a pioneer book"; while another reviewer states "It is a book which is vigorous, intensely interesting and rich with living. In its scene and spirit, its characters and events, this is the kind of escape that we can well be turning to just now".

—JULIET SCOTT

**FOR FREEDOM—by Squadron Leader G. L. Creed (J. M. Dent \$1.00)**

"The raid has been successful, it was learned—"  
(So ran the line)

"And of our aircraft, all but one returned—"  
Her son—and mine!

These lines are from a little collection of war verse entitled, "For Freedom," and written by Squadron Leader G. L. Creed. One of the good things to come out of this war, and all royalties from the sale of the book are assigned by the author to the Benevolent Fund of the R.C.A.F.

VERA MORRISON.

All these books may be obtained at the Calgary Public Library for your reading pleasure.

---

No one is useless in the world who lightens the burden of it for anyone else. It's the songs you sing and the smiles you wear, that make the sunshine everywhere. The beauty of the house is order, the blessing of the house is contentment. If you would have all the world love you, you must first love all the world.

## In Memoriam

Dr. HUGH INKSATER (*On Active Service*)

Dr. ROBERT M. COOK

Dr. ARTHUR W. SCOTT

Dr. F. E. SANDERCOCK



Life's race well run,  
Life's work well done,  
Life's victory won,  
Now cometh rest.

—*Edward H. Parker, M.D.*

On behalf of the Alumnae we wish to express sincere sympathy to our graduates who have lost sons, husbands, brothers or sweethearts while serving with the Armed Forces.

Killed while on operations overseas:

Sergt. Pilot F. D'Arcy Scott, son of Mr. and Mrs. Fred Scott (*Irene Essary '08*)

Sergt. John Edward Park, son of Mrs. O. A. Park '22.

*"No greater love . . . . ."*

## A R P ing



When the sirens wail and the lights go out,  
Who are the ladies seen scurrying about,  
Uphill and downhill with the wings on their heels,  
While bombs big and little rock their keels.

We may be victims of Axis Nations,  
But nurses of merit control C.C. Stations,  
Kloepfer, Donnison, Stronach, Parks and Hewitt,  
With staffs on their metal to prove they can do it.

Though uniforms no longer reach round their middle,  
Will heads full of home solve every riddle  
Of first aid? hypos? technique of a birth?  
Things long ago learned must prove their worth.

We are not vulnerable, according to Manion,  
Does he think we live in a deep, dark canyon?  
"It can't happen here", is not our delusion  
With the nurses we have we can't be loosin'.

They will patch the wounded and help the Meds,  
Though all about them may loose their heads,  
Many and varied are their "Schools of Learning",  
But highest praise each will be earning.

This war is grim, we don't think it's funny,  
We work and slave and spend all our money,  
But long sober faces and endless harping,  
Won't fit the nurses doing Calgary's ARPing.

GERTRUDE O'KEEFE (Barrett' 24)

Vice Chairman, Medical Aid,  
Calgary ARP Committee.



## BRITISH NURSES RELIEF FUND

Balance brought forward from 1941 report .....	\$ 32.36
Individual donations January 1st to November 1st, 1942 .....	191.60
Rummage sale, convened by Mrs. A. S. Hammill .....	110.00
Water color given and raffled by Mrs. R. G. Straker .....	50.00
	<b>TOTAL</b>
	<b>\$383.96</b>
To British nurses relief fund .....	<b>\$350.00</b>
Balance November 1st, 1942 .....	<b>\$33.96</b>

## HOSPITAL NITE . . .

### 7th ANNUAL ICE CARNIVAL

ARRYING flags of the Empire and the United States, nurses in their neatly starched uniforms and red lined capes entered the rink in the form of a V, followed by the band of the No. 2 Wireless School R.C.A.F. A guard of honor, formed by six nurses, escorted our President, Mrs. A. E. S. Warrington and Mayor Andrew Davison to their position in the Arena from which they officially opened our Seventh Ice Carnival, which was held Friday and Saturday evenings, November 13th and 14th.

The success of this Carnival is due to Mrs. Gladys MacPherson and her committee, Mrs. A. E. Wilson, Mrs. H. Hall, Mrs. W. McEwan, and Mrs. E. Parks, who deserve the very greatest credit for their work which has extended over a period of months.

The distribution and sale of tickets was ably conducted by Mrs. E. Parks, Mrs. J. Griffiths, W. Brigden and Mrs. J. Justason.

In spite of so many skaters being in the forces, we were able to secure headliners from the United States and Canada. Arthur Preusch, gold medalist from Minneapolis delighted the audience with his spectacular skating. Teamed with Betty Schalow, also from Minneapolis, they gave an outstanding performance. Ken Spence and Bob Morse of Seattle, as the "rubber boys" showed us things done on ice which would be impossible to do on solid ground.

Turning to skaters on this side of the line, the Munro quartet from Edmonton must certainly rank among the highest. Alex Munro and his three children, Rosemary 18, Murdo 16, and Lillian 15, thrilled the audience with several different numbers. Also from Edmonton, was 75 year old C. E. Ferris who can spin and twirl with the best of them.

Walter Grant was here again from Vancouver with comedy and daring jump over barrels and through a flaming hoop; breath-taking to say the least.

Barry Green is now the professional teacher at the Glencoe Club assisted by Margaret Mitchell. In team and solo work they were outstanding.

The Glencoe Club as usual was very generous in giving us many acts. Skaters performing were Doreen Dutton, Muffy McHugh, Marie Ann Murray and her hula congo group. And the two youngest; seven year olds, Carol Irwin and Ellen Sweeney.

The most hilarious event of the program was a race between Australian and New Zealand airmen, who find it very difficult to even stand up on skates.

The Naval Boy's Band under the direction of bandmaster Fred Eldridge, gave several selections and James Rintoul sang "Rule Britannia".

Adding to the color and spirit of "Hospital Nite" were graduate nurses in their blue and red capes who made a complete sell-out of programs.

The most spectacular and colorful part of the evening was the grand finale. A "Wheel of Victory" on which stood three graduate nurses against the Union Jack. Turning the wheel around, 16 nurses-in-training with long red, white and blue streamers, skated in a circle, while the R.C.A.F. band played and Mrs. Richard Cuniffe sang "When the Lights go on all Over the World". This finale was expertly directed by Mrs. A. E. Wilson.

In spite of all the demands made on the Calgary Public by the many war requirements, they again generously supported our Carnival to the extent of \$2,100, which will be divided, 75% to the Calgary General Hospital and 25% to War Services.

We wish to sincerely thank everyone who contributed to the success of this Seventh Annual Ice Carnival.

## BLOOD DONOR CLINIC

FOR some months, the Calgary Branch of the Red Cross has been anxious to open a blood donor clinic, but it was not until mid-September that plans got under way, and the basement of the old Lougheed house was made available. Perhaps basement in this case is a misnomer; actually it consists of the banquet hall, which may be closed off entirely by three sets of French doors (our O. R.) and three large rooms opening into each other through spacious archways (the ball rooms, we imagine). The walls throughout are painted white, and the polished floor is quite super. We can't see our way clear yet, but hope to open about the middle of November; in the meantime your year book must go to press, and we can only tell you how we plan to operate.

First, a list of blood donors must be completed, and as they are only allowed to repeat every three months, we must have at least fourteen or fifteen hundred names on our books. One week before we open, one hundred donors are booked by telephone for the following week. (We will only operate two days a week to start with, handling fifty donors a day.) This telephone appointment is followed up in the middle of the week by a reminder card with directions to eat a light breakfast of dry toast, fruit, tea or coffee, NO fats, eggs or cream, etc., as these spoil the plasma.

The Clinic entrance is directly under the front steps, and opens into the admitting office which is most attractive and business like with bright open fire, and blue-smocked secretaries and telephone girls. Here the donor is met by a nurse whose duty it is to see that he gives necessary particulars at the admitting desk. He is then given a gummed label on which are written his name and number; his temperature is taken, and he goes into the doctor's room for a brief physical. This done, he may sit in the pretty waiting room, where magazines for every taste are on hand; but not for long. He next moves into the donation room where accommodation is provided for four, with one doctor in attendance, and a nurse for each donor. The nurse helps him remove his coat. She then bares his arm and assists him onto the table, making him as comfortable as possible, and assuring him that he'll never miss a wee drop of blood (five-eights of a pint). She then attaches his gummed label to his blood bottle, swabs his arm with iodine and alcohol. The tourniquet is applied. The doctor then injects a drop of local anaesthetic into the arm and inserts the blood needle.

The nurse remains with the patient watching his condition and keeping the blood flowing freely, applying suction if necessary. When the correct amount of blood has been obtained, she releases the tourniquet. The needle is removed by the doctor and a swab and elastoplast are placed over the arm. The donor is then assisted into the refreshment room, and after a five minute rest, is given a choice of tea or coffee with hot buttered toast and jam or marmalade, and smokes. He is then ready to go back to work feeling thoroughly pleased with himself, and we hope to see him again in three months' time.

There is such a lot to tell, and such a little space in which to tell it, but I must just mention our lab. which is situated at the end of the O. R. All tests and groupings are to be done here, blood clots cut and rimmed, corks with tubing removed from blood bottles and exchanged for sterile solid corks, which in turn are covered with sterile brown paper and secured with string. The blood is then chilled and shipped in special padlocked boxes to the University of Saskatchewan to be processed. It is then ready for distribution where it is most needed.

Donors and workers alike are volunteers. We pay no rent. The value of this work cannot be measured in dollars anymore than can the priceless lives it saves. Our job is to help restore life in a World gone mad with the lust to kill and destroy.

DOROTHY THOMAS (Fraser '19)

## 1943 EXECUTIVE

Past President .....	Mrs. A. E. WARRINGTON
President .....	Mrs. GLADYS MACPHERSON
1st Vice President .....	Miss PAULINE MORRISH
2nd Vice President .....	Mrs. A. MacINTYRE
3rd Vice President .....	Miss BARBARA BEATTIE
4th Vice President .....	Miss LILLIAN BIBBY
Recording Secretary .....	Mrs. R. CUNNIFFE
Corresponding Secretary .....	Miss J. CUMMING
Treasurer .....	Mrs. B. J. CHARLES
Press Representative .....	Mrs. D. ROSS



## AN A. B. C. FOR NURSES

- A. is for the Abdomen I have to shave,
- B. is the Baby that won't behave.
- C. for the Charts that keep me late,
- D. for the Doses that patients hate.
- E. for the Enema of water and soap,
- F. for the Fannies with which we cope.
- G. for the Gauze that we make into dressings,
- H. for the Headnurse that gives us her blessing??
- I. for the Instinct that makes a nurse,
- J. for the Junk I've got in my purse.
- K. for the Kitchen I love to explore,
- L. for the Lessons we love and adore.
- M. for the Meals we bring at noon,
- N. for the Nurse I hope to be soon.
- O. for the Os that means a bone,
- P. for the Patient that wants to go home.
- Q. for the Query that puzzles my brain,
- R. for the Routine in the same steady train.
- S. for the Surgeon that wants this and that,
- T. for the Technique that often goes flat.
- U. for the Ulcer I dress every day,
- V. for the Vertbrae that Osteopaths play.
- W. for the Wasserman that shows up sinners,
- X. for the X-ray that exposes my inners.
- Y. for the Yawn at the end of the day,
- Z. for the Zenith Hour, I'm on my way.

Contributed by Dr. L. S. MACKID.



## THE FROG

What a wonderful bird the frog are.  
When he stand he sit, almost;  
When he hop he fly, almost;  
He ain't got no sense, hardly;  
He ain't got no tail, hardly, either—  
When he sit, he sit on what he ain't got, almost!

# MEMBERSHIP CONVENOR'S REPORT For The Year 1942

**W**E have really had a most successful year. So many more memberships, many paid up to date. There are 782 living graduates of the hospital.

447 paid up memberships for 1942.

219 members not paid up for 1942.

116 members that have never paid.

212 members living in Calgary.

568 members living out of town.

39 members who are lost or have moved away leaving no forwarding address.

Some of these have been living where the mail service has now been discontinued; but most are girls who have moved and their bulletins have been returned.

We would certainly appreciate any help you could give us in locating these members. Each year there are a few more have to be added to the "Lost List".

As you know, all graduates of the Calgary General are privileged to have a discount from their hospital, if they are patients in the Calgary General.

An amendment has been made to our Constitution, that the girls may only have this privilege if their membership fees are paid from 1938 on or from the year of graduation. Fees must be paid before the end of March of the current year. All correspondence should be signed with your name and year of graduation—it helps so much to keep the books straight.

It has been grand hearing from so many of the girls and we do thank you for your help and interest in your own Alumnae.

IRENE K. WILSON, (Kinney-'34)

Membership Convenor.

Mrs. A. E. Wilson,  
1309-12th Street West.



## MARRIAGES

Mrs. Cecil Barnes (Goode-40)  
Mrs. R. T. Caines (Battrum-38)  
Mrs. Alan C. Damant (Ford-41)  
Mrs. Clarence Dunes (Barnes-40)  
Mrs. Sanford Dole (Howitt-38)  
Mrs. C. R. Gathereale (McLean-32)  
Mrs. W. R. Grant (Evans-38)  
Mrs. John H. Halls (Anderson-38)  
Mrs. Jack Hall (Cann-41)  
Mrs. Murray Hall (Blackwood-41)  
Mrs. Ned Hall (Rae-40)  
Mrs. Thos. Hall (Bradley-41)  
Mrs. A. J. Heath (Randall-30)

Mrs. S. D. Johnson (Hodgson-40)  
Mrs. H. E. Miller (Carlson-39)  
Mrs. Henry Samuelson (Broderick-32)  
Mrs. R. M. Richmond (Cozick-40)  
Mrs. Peter Thomas (Newbery-42)  
Mrs. D. F. Thompson (Tuff-41)  
Mrs. Joseph Turner (Buckle-40)  
Mrs. B. C. White (Rose-40)  
Mrs. John D. Zmurchyk (Adolph-38)  
Mrs. H. F. Allan (N/S Jessie Gibb '38)  
Mrs. Peter Thomas (Newbery-42)  
Mrs. Alex. Gibson (Remackel-42)  
Mrs. Thomas McMahon (Olsen-42)

## REMEMBER THE TIME

**W**HEN the patient on 1st West asked "Please sister for a bottle" After 20 minutes the nurse managed to fill a hot water bottle to the regulation 120 degrees and took it to the patient. Was her face red when the patient said "Not that kind of a bottle"

About six O. R. nurses going off duty via the clothes chute got stuck and could'nt get out because the door at the bottom was locked and the chute partially filled with laundry bags. They finally succeeded in getting out by hoisting up the smallest nurse to 2nd West who got the porter to open the door and remove nurses and bags.

How one used to dash madly off duty to rush down town in ones time off. Perhaps to get that long wished for 50 cent hat, only to find ones clothes had gone ahead on another model.

The time the patient in 126 fired 11 shots and the brave orderly flew to 2nd Floor leaving the night nurses to await the arrival of 5 policemen and help settle the trouble.

The time a certain sick nurse went to the Hallow'een Party as a skeleton and left the demonstration doll in her bed just in case the Lady Supt., might visit and be disappointed at finding the bed empty, and how she did visit 5 minutes after the nurse returned, to express her sorrow because the nurse was not well enough to attend.

The time the girls upstairs in "B" block put the soiled laundry on the stairs, a bag on each step and then pulled the switch to make a perfect blackout when Miss B. came to make 10 o'clock rounds.

One evening an interne and nurse decided to break the rules and step out together. Miss S. went to her room situated at the east end of 3rd Floor. When ready to go and feeling somewhat nervous, she called out to the nurse on 3rd Floor "Where's Emma Jane?" (calling the Lady Supt. by her christian names). Immediately the Lady Supt. stepped out of a nearby room saying very quietly "I'm right here Miss S. what do you want?" Then in a stern voice exclaimed "Go to your room I'll see you later". Needless to say neither Miss S. or the interne went out that night.

A nurse was caught in the act of cutting another nurses hair. She was told to stop, leaving the nurse with a beautiful bob on one side of her head.

Patient on a fracture bed: "Nurse this bed is awfully hard"

Nurse: "Goodness, you have boards under the mattress."

Patient: "Is that so, well take them out".

Nurse: "Certainly" (and she did)

First morning in the O. R. and trying to be helpful, she put a tonsil patient up in stirrups.

First experience with a Murphy drip. The water backed up and spouted from the little hole. Thinking it was leaking she put adhesive over the hole then wondered why the drip would not work.

Acting as Nursery Nurse: "Get me twenty mouth gags and twenty corks".

E. STERLING (Lord '25)

# Procedure Necessary Before Any Nurse Trained in Alberta is Eligible to Term Herself a Registered Nurse

1. Successfully write registration examinations as prescribed by the Senate of the University of Alberta.
2. Successfully complete hospital training with all its requirements and present statement covering same to the Registrar of the University of Alberta, following which an enabling certificate will be sent to the Registrar of the Alberta Association of Registered Nurses.
3. Renew certificate annually—fee \$3.00.
4. If any nurse wishes to discontinue nursing temporarily or wishes to work outside Alberta, she should ask the Registrar for exemption. At a later date she may then resume her status in Alberta by paying the annual fee for the current year. Otherwise the nurse will be required to pay fees to cover the years in which her certificate was not in good standing.

Registrar—Alberta Association of Registered Nurses,

Mrs. A. E. Vango, R. N.,  
St. Stephen's College  
Edmonton, Alberta.

All fees must be made payable to the Alberta Association of Registered Nurses.



## LOST MEMBERS

Mrs. Mary Manners—Martin	1900	Mrs. R. P. Thompson—Tubman	1924
Mrs. J. Harrington—Sage	1902	Miss D. Swanston	1925
Mrs. P. Alloway—Mathison	1904	Mrs. J. W. Potter—Kerr	1925
Mrs. Alex. Pringle—Payne	1904	Mrs. W. Silnes—Cameron	1925
Miss Lottie Cowan	1905	Mrs. A. Eaton—Beattie	1926
Mrs. J. Stewart—Latham	1907	Mrs. A. Hill, Jr.—Hoople	1927
Mrs. A. M. Johnston—Wilson	1908	Mrs. F. H. Heath—Fleming	1928
Mrs. Blackwood—Thompson	1914	Mrs. A. Burke—Bean	1928
Mrs. Germyn—Bligh	1914	Mrs. Mable C. Annable	1929
Miss Jean Elliott	1917	Mrs. Cecil Forrest—Metherall	1929
Mrs. R. Highton—Williams	1917	Mrs. Jack MacEwan—Faulkner	1930
Miss Eleanor Renwick	1917	Mrs. J. Page—McBrine	1930
Miss Jean MacMillan	1918	Mrs. J. L. Patterson—McNeil	1930
Miss Minnie Marshall	1919	Mrs. Alf. Haydock—Esler	1931
Miss Bertha McKinnon	1919	Miss Dorothy Gregory	1931
Mrs. M. Irvine—Brown	1920	Mrs. J. L. Wilson—Williams	1932
Mrs. M. H. Moore	1920	Miss Grace Schafield	1933
Miss Alida Miller	1921	Miss Margaret Dunn	1935
Mrs. R. B. Vinson—Shepherd	1922	Mrs. James Murray—Richard	1936
Miss E. Mason	1922	Mrs. J. Wilson—Morrison	1937
Mrs. M. T. Harvie	1922	Mrs. A. D. McLune—Hunter	1940
Mrs. G. E. Carter	1924	Miss M. E. Luxton	1941
Miss M. J. Tuplin	1922		

## RUMMAGE SALE

 AST year, in describing the rummage sale disease, we put in a plea for our members to please save EVERYTHING. You did,—and with a vengeance.

For this year's sale, headquarters were transferred from a small stall in the City Hall Market to the Elk's Hall, where our wares could be more spaciously displayed.

Hats, boots and shoes sold at varying prices, with the most persistent bargainer winning.

Main tables were set up with children's wear, skirts, sweaters and bundles—not for Britain—but for the rag mat enthusiasts. It is marvellous how a bit of bright silk or satin boosts the sale of practically useless scraps. Afternoon and evening gowns—fits for all figures—were displayed on racks.

Possibly men are more reluctant about parting with their treasures, as there was a notable shortage in this department; prize possessions being a swallow tail and a cricket coat.

The miscellaneous table was most intriguing. Bits of antique china, gas jets, and lighting fixtures which must have dated from the Ark, hobnobbed with sheet music and records from the old classics and the jazz age. Speaking of novels, someone purchased "The Sheik" at a real bargain price! Also among the valuable contributions was a two-roomed, well furnished bird cage—quite something, with the housing shortage. Some damsel was too slick for the busy sales ladies, and managed to walk off with this prize! Incidentally, advance sales from this department included a washing machine and mattress.

Never consider an article useless. From what at first appeared to be the greatest accumulation of junk imaginable, the Alumnae raised \$110.00 (net).

ANN HAMMILL (McKee'26)

## THE NURSE

☆ ☆ ☆

They call her Florence Nightingale in jest,  
But there's an earnestness behind their eyes  
That she, high priestess, does not realize;  
She only knows she does her simple best,  
Performing grave mysterious rites, aware  
That often she has power to fan the spark  
Of life to glowing flame when it is dark  
And quite in the wards and Death stalks there.  
She seems so young to have upon her slim,  
Proud shoulders such a weight of grief and pain;  
She should be walking through a leafy lane,  
Or dancing somewhere where the lights are dim.  
Or should she—whom so many lips must bless  
With such profound and utter thankfulness,

---

In this world it is not what we take up, but what we give up, that makes us rich.

## "BRIEFS"

News has travelled more than half the globe that Ella Foerstel is well and working at St. Luke's Hospital, Manila P. I. No direct word has been received from her since outbreak of hostilities in the Pacific.

Cape Town, S. A.—When Prime Minister J. C. Smuts opened a military hospital for Imperial troops at Bahagwanath recently, he thanked Canada publicly for the nurses sent to the Union of South Africa.

Miss Von Gruenigan, convenor of Sick Visiting Committee reports that visits were made and flowers sent to many sick nurses in the hospital this year. Of the 37 nurses who were patients to October, 21 were in Maternity, presenting 13 future graduates (including twin girls) and 7 potential Prime Ministers. Good work girls!

Chaddy Linton's daughter entered training at the General this fall.

Ruth Farnsworth '40 is taking a course in teaching and administration, at McGill University.

Muriel Wright '41 is taking a course in Public Health, at University of Toronto.

Helen Gray '42 is leaving to take a course in Obstetrics and Gyn. at the Royal Victoria Hospital, Montreal.

For those who didn't hear Dr. Scarlett's lecture and are interested in Typhus Fever read:—

"As I remember him"—by  
Dr. Hans Zinsser.

"Rats, Lice and History"—by  
Dr. Hans Zinsser.

Of the \$1400.00 allocated last year for Hospital equipment, part is to be spent on the purchase of a microscope for Miss Connal's use. Also for scales to be used in the Children's Ward.

Bonny Donaldson flew from Vancouver for the Banquet this year.

We are happy to report that Miss Mable Carlson is well and out of hospital after a lengthy illness.

Miss Mary Maclear has had a long seige of illness but is improving.

An appeal has come to our attention from the entertainment committee for volunteers. Mrs. Cunniffe writes:—

"Your entertainment comittee has worked hard to give you interesting diversion and many members have contributed cheerfully and willingly.

Our Alumnae audiences have the distinction of being appreciative. Offer us your talent or point out someone else who is too backward or modest to volunteer theirs. Not only will you be of service to us but you will be repaid tenfold in the fun you will get out of being part of our programmes.

"Come one, come all".

## THANKS TO OUR ADVERTISERS.

## NEW REGISTRY

*F*OR the benefit of our Readers, some of whom may only hear through the Alumnae Book the news of their Training School, I would like just to mention the development of our new Registry.

Due to the fact that Calgary has had no central Registry for nurses for some time, the calls for special duty or institutional positions have had to be handled very largely by the local hospitals. As you know, the arrangement has not been entirely satisfactory and almost became a burden to the hospitals, while at the same time it did not reach nurses who trained outside the City or the auxillary workers such as the practical nurses and nursing housekeepers.

Owing to the untiring efforts of our President, Miss K. Connor, a meeting of our organization, Calgary District No. 3 of the Alberta Association of Registered Nurses, was called and a committee formed to study the set up of Registries in other cities and submit suggestions for organizing here. That being done, Mrs. O'Keefe kindly offered to make a general survey of the city, also a questionnaire was sent out to all nurses. This, Mrs. O'Keefe undertook to do also and a great amount of credit is due to her for the time and work spent on it.

Also a great deal of thanks to the Sisters of the Holy Cross and their nurses for their co-operation and to our Executive and our Organization each and all who helped to make the Registry a success.

With Miss Wainwright as our Registrar, who gives every consideration to our calls, we feel confident we will succeed.

Our Registry is known as the Community Nursing Bureau and was started April 15, 1942 with 133 active members, 15 associate members and 37 outside members. From April to September there were 909 calls for graduate nurses, 150 for nurse housekeepers and 26 for staff positions.

H. WHALE, R.N.

---

### A Copy of a Letter a Patient Received from a Friend

Kalamazoo, Mich.

*F*WO years ago I was completely run down and my nerves were a mess of junk. I couldnt sweep a floor without resting. Every time I'd swing a whiskbroom, my backbone felt as tho' my mainspring had broken, and I couldnt boil a potato without a toothache. I couldnt lean over to pick up my babies' cheese from the kitchen floor without the most terrible pain in my upper right ear. The doctor's medicine did not help me, so I used it for oil on the carpet sweeper.

One day some kind angel threw your wonderful little book on my back porch, and in it I read several testimonials of women who had got cured of everything. So I sure rushed out and flew with hair streaming down my back till I dashed into the drug store and all out of breath shouted to the clerk to get me a bottle of Pydia E. Linkham's Vegetable Compound, and before I knew it I had taken six bottles. By the time I had taken the seventh I knew it was helping me. I took nine bottles a day for three months and then got so I could take two more each day. Now I am in perfect health. I do all my own washing and take in all the neighbors' because I am so strong and haven't enough of my own. I do all the repair work on our plumbing, take care of the furnace and often scrub the floor three times the same day for exercise. I can truthfully say to all my sisters that Pydia E. Linkham's Vegetable Compound does the trick.

Mrs. O. U. SWOLLEN JOINTS.

## CHANGES AROUND THE C. G. H.

**M**ANY changes and improvements have been made to the hospital, grounds and residences in the last few years, and a new wing is being built to the west. So far only the foundation has been laid, but when completed it will consist of 109 beds and cots and 56 bassinettes. Additions are shortly to be made to the Nurses' Home and Lecture Room. The operating rooms are also to be enlarged.

Much credit for the new wing goes to several members of the Alumnae, who spoke over the air and also at public meetings, when the by-law was being passed. Last month alone there were 70 maternity cases and at least 35 others refused admission.

A fine new boiler room has been added and extends to the fire hall. This is equipped with two boilers of the very latest design. Each day the records of the three shift engineers certify as to the efficiency of the new installation.

Other installations include:—1. Ammonia compressor—which makes ice for both hospitals. 2. A steam driver generator, used at night for supplying electricity to the operating rooms. 3. Two water softening units to supply all hot and cold water to the hospital laundry and the nurses' home. This is particularly advantageous for the sterilizers would otherwise be badly corroded by hard water. 4. A large incinerator vented to the smoke stack for the disposal of garbage.

Off the ambulance entrance is a roomy and up to date morgue. No more wheeling the cart over the pebbles in the dark.

Third East which was once Nurses Quarters and Gauze Room, as many of you remember, is now Women's Surgical Ward. The gauze room is now in the glassed in S. E. balcony where convalescing nurses can work in bright and cheerful surroundings.

Last, but not least—the Nursing Staff. Miss A. Hebert, R.N. is our Lady Supt.; Miss H. Whale, R.N. Asst. Supt.; and Miss J. Connal, R.N. instructress.

There is, as well as a supervisor, a general duty graduate on every floor. Several of the graduate staff are from other hospitals.

At night in maternity, there is a graduate nurse and a staff of five nurses—one to relieve for the others' nights off. All student nurses have a whole night off a week. Day students are on eight hours, and have an afternoon off each week.

With these changes, out of town nurses will receive many pleasant surprises, so we invite you to come and see us.

Here's to you old friends,  
And here's to you we class as new;  
May the new soon grow to be old  
But the old never grow to be as new.

With every good wish to you all for the Coming Year,

Sincerely,

MABEL COX, R. N.

☆ ☆ ☆

A bunch of germs were hitting it up  
In the Bronchial saloon;  
Two bugs on the edge of the larynx  
Were jazzing a rag-time tune;  
Back to the teeth in a solo game  
Sat dangerous Ack Kerchoo  
And watching his pulse was his light of love  
The lady that's known as Flu.

Apologies to Robert Service.

# FINANCIAL STATEMENT YEAR ENDING 1941

RECEIPTS		DISBURSEMENTS	
Balances forward Jan. 1st, 1941:		GENERAL ACCOUNT	
Cash on hand .....	1.75	Rent and Janitor for Meetings .....	42.50
Bank Balance, Current Acct. ....	936.46	Advertising Canadian Nurse ....	10.15
Bank Balance Savings Acct. ....	460.69	Flowers .....	25.75
Year Book Advertising 1940—Deposited Jan. 7th, 1941. Not recorded as cash on hand above .....	22.00	Auditors Fee - Year 1940 .....	15.00
FEES COLLECTED:		Presentations .....	36.95
1936 .....	1.00	Committee Convenors—	
1937 .....	1.00	Entertainment Committee 7.00	
1938 .....	4.00	Sick Committee .. 5.00	12.00
1939 .....	6.00	Bulletins .....	10.50
1940 .....	23.00	Stationery, Postage, Cards etc. ....	79.71
1941 .....	406.00	Exchange and	
1942 .....	13.00	Bank Charges .....	1.21 233.77
1943 .....	2.00		
1944 .....	1.00	DONATIONS	
1942 .....	1.00	Lord Mayors Fund 300.05	
ICE FROLIC:		Furniture for Hospital .....	900.00
1940 Advertising .....	66.80	"Y" Hostess Hall .... 16.96 1,217.01	
1940 Credit from Arena .....	3.90		
1940 Programmes ....	.20	ICE FROLIC 1941	
1941 Ticket Sale ....	4,793.10	Printing Programs .... 250.56	
1941 Programmes ....	347.80	Expenses—	
1941 Advertising ....	119.50	as itemized .....	2,329.53
		Prizes .....	4.85 2,584.94
YEAR BOOKS:			
1940 Advertising .....	12.00	YEAR BOOKS 1941	
1940 Sales .....	11.50	Printing .....	128.15
Banquet Tickets .....		Photos .....	2.50 130.65
Premium on U.S. Funds received .....	2.61		
Interest on Savings Account .....	1.74	BANQUET	
		Tickets as per contra .....	220.00
		Complimentary Tickets, tips, entertainment etc. ....	57.06 277.06
		Balance forward	
		Balance forward November 30, 1942:	
		Cash on hand .....	40.80
		Current Account ....	2,016.45
		Less o/s Cheques ..	262.20 1,754.25
		Savings Account ....	1,219.57 3,014.62
NOTE: Carnival Advertising \$220.50 not yet collected.			\$ 7,458.05

NOTE: Carnival Advertising \$220.50 not yet collected.

Certified correct.

E. PARKS

Treasurer.

Calgary, December 19, 1942.

Certified correct on basis of  
information furnished.

R. S. FLETCHER, Auditor.

1943 Treasurer—Mrs. B. J. CHARLES, 615 Riverdale Avenue, Calgary, Alta.

# The PHOENIX PRESS Co.

LIMITED

Commercial Printers  
Telephone -- M4527

408 Seventh Avenue W.      Calgary, Alta.

## BIRTHS - 1942

Mrs. R. J. Dumville—(Williams-29)	Boy
Mrs. J. Golightly—(Wilson-32)	Boy
Mrs. Earl Goodwin—(Cox-30)	Girl
Mrs. E. A. Sterling—(Murray-38)	Boy
Mrs. C. F. Petty—(Northgraves-28)	Girl
Mrs. E. T. Curlette—(Gisford-25)	Girl
Mrs. H. B. Bradley—(Lees-34)	Boy
Mrs. J. H. Herring—(Dunaway-34)	Boy
Mrs. R. H. Thompson—(Pain-38)	Girl
Mrs. E. J. Berquist—(Thornton-36)	Girl
Mrs. D. E. Weller—(O'Neil-32)	Boy
Mrs. A. Schutoski—(Tharle-32)	Girl
Mrs. D. Brandon—(Burwash-35)	Girl
Mrs. M. Bateman—(Rowan-33)	Boy
Mrs. E. M. Connolly—(Johnson-31)	Boy
Mrs. Thos. Lees—(Scott-35)	Boy
Mrs. J. H. Woodworth—(Donaldson-31)	Boy
Mrs. Collier Maberley—(Fleming-27)	Girl
Mrs. John Bown—(Papworth-35)	Twin Girls
Mrs. H. C. Ward—(Leightmeyer-33)	Girl
Mrs. T. Wotherspoon—(Folkins-37)	Boy
Mrs. R. B. Hennessey—(Clark-31)	Boy
Mrs. A. W. McDonald—(Neame-40)	Girl
Mrs. R. B. Coit—(Hatcher-35)	Girl
Mrs. Reg. Jackson—(Doherty-31)	Girl
Mrs. E. S. Burvell—(Moore-40)	Girl
Mrs. C. H. Richard—(Newhouse-36)	Girl
Mrs. Lloyd McPhee—(Tennant-35)	Boy
Mrs. Sanford Dole—(Howitt-38)	Girl

We do hope we have all the new arrivals since the last Year Book. Any omissions are unintentional and we are very sorry.

Compliments of . . .

# Alberta National Drug Co. Limited

Wholesale

DRUGGISTS and  
STATIONERS

•  
CALGARY, ALBERTA

## Antiphlogistine

THE MULTIPLE-USE  
PRODUCT

**A Medicated Poultice:**  
for chest colds, boils  
and rheumatic pains.

**A Medicated Dressing:**  
for minor burns,  
sprains and insect  
bites.

•  
**The Denver Chemical  
Mfg. Co.**

153 Lagauchetiere St. West  
MONTREAL, Quebec.



● Green Surgical Soaps	● Cromax Liquid Floor Wax	● Hospital Waste Receptacles
● Liquid Baby Soaps (olive oil)	● Terrazene Floor Soap	● Paper Towels & Cabinets
● Lathurn Soap Dispensers	● Floor Polishing Machines	● Paper Tray Covers
● Foot Pedestal Soap Dispensers	● No. 40 Hand Model	● Paper Doilies
● Foot Pedestal Alcohol Dispensers	Dispensers	● Roach Insecticides
	● Water Coolers and Cups	

### G. H. WOOD & COMPANY LIMITED

*Industrial Sanitation*

323 KEELE STREET, TORONTO . . . 440 ST. PETER STREET, MONTREAL

BRANCHES—Halifax, Saint John, Quebec City, Sherbrooke, Ottawa,  
Hamilton, London, Winnipeg, Regina, Calgary, Vancouver

In Calgary: 514--11th Ave. West - Phone M7981

# Davis & Geck, Inc.

**Sterile Surgical Sutures**

57 Willoughby Street

BROOKLYN, N.Y.

THE *Stevens*

**ALBERTA COMPANY LTD.**

Manufacturers and Importers of

SURGICAL INSTRUMENTS,  
HOSPITAL SUPPLIES

AND

EQUIPMENT OF ALL KINDS

---

527 Seventh Avenue West

**CALGARY**

Phone--M 2468

## L'ENVOI

When earth's last microbe has fainted,  
When catgut lies twisted and dried,  
When all carbol fuchsin has faded,  
And the youngest patient has died;  
We shall sleep and faith we shall need it  
Lie down for an eon or two,  
Till the master of all good nurses  
Shall wake us to work anew.

And we who were cross shall be happy,  
Have plenty of sunshine and air,  
Use all the gauze that is needed  
With no one to watch or care;  
We shall have real saints to work on,  
Magdalene, Peter and Paul,  
Who shall sleep through the night without "hypos,"  
And not have hysterics at all.

And only the Master shall praise us  
And only the Master shall blame,  
And no one shall work for money  
And no one shall work for gain,  
But each for the joy of working,  
And each in his separate star  
Shall see the Divine in her patients,  
And love them just as they are.